

# Heat Exhaustion

by Dr. Kitty Ferguson

*13 June 1985*

(This article is repeated from last summer but now is a good time for a reminder on this dangerous condition.)

Sometimes even knowing better doesn't help. I felt TERRIBLE! I had been to the horse show all morning then spent the afternoon at the pool to cool off and by evening had a splitting headache and upset stomach. About that time I got called to the Emergency room to see a teen aged patient but felt so awful I asked Dr. Bill to take care of her. When he called to tell me she was a victim of the heat, sun, and excitement, I realized what was wrong with me! Heat exhaustion and dehydration are all too easy come by when we aren't careful, especially in our climate.

Heat exhaustion may come on

suddenly after prolonged exposure to heat and inadequate fluid and salt intake to replace losses from sweating. The first symptoms are thirst, headache, nausea and fatigue. Weakness, dizziness and vomiting follow and the victim may then faint or even collapse with a low blood pressure and clammy skin. There may be muscle cramps and twitches.

Treatment is replacement of water and salts. Salted fruit drinks such as Gator-aid and sodas work quite well. Of course don't give anything to someone who has passed out until they wake up. Get into the shade and loosen or remove excess clothing. If heat sickness has progressed to the point where the person can't take fluids you need medical help. Make the

victim rest whether they want to or not and keep handing them something to drink.

As in all things, preventing is much better than treating. I am looking forward to my kids and myself riding at the next horse show but we will do things a lot differently. First there will be a cooler full of juice and drinks and a water jug. I will NAG everyone to be sure they drink enough. Second everybody will bring a wide brimmed straw hat to wear between classes. (My black velvet English crash helmet is useless against Utah sun.) We are trying to figure out a way to rig a tarp for shade on the side of

the trailer, too. Finally, when we go to the pool for that refreshing dip I will remember that you have to drink water-just swimming around in it isn't enough to prevent dehydration.

Next time your family will be out all day, take good care of yourselves-and have fun.

**Dr. Ferguson is a Heber City pediatrician who specializes in the care of children from birth to 18 years. If you have a question you would like Dr. Ferguson to answer in this column write to Mountainland Medical Clinic, 30 S. 500 E., Heber City, Utah 84032.**



STARTS JUNE 21ST "PERFECT"

He never knew  
what hit him.

DAILY: 7:30, 9:30

SAT.-SUN.: 1:30, 3:30, 5:30,  
7:30, 9:30



**SECRET  
ADMIRER**

COMING SOON "PALE RIDER"

**STALLONE**

is back as...

**RAMBO**

No man, no law  
can stop him

DAILY: 7:20

SAT.-SUN.: 1:25, 5:25, 7:20

**FIRST BLOOD PART II**



COMING SOON "PALE RIDER"



CHEVY CHASE IS

DAILY: 9:20

SAT.-SUN.: 3:25, 9:20



**Fletch**

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WIN

shaker for your children to use to sweeten their cereal and other foods. Not only will there be less messy spills and waste, but the kids will use much less sugar. Although the children think they have sprinkled on a lot of sugar, it is usually much less than they would ordinarily spoon on.

**ENJOY YOUR SUMMER**

Why not set a time each day to stop whatever you're doing and take the little ones outside. Do some gardening together, sun tan, play or just enjoy the beautiful weather. The housework will wait but summer won't.

Send your ideas, tips, and solutions to **PARENTS' HELP LINE\*** 250 North 500 West, Heber City, Utah 84032 or call 654-2048.



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From my niece, Jolene Fullmer, comes this neat trick with Parkhouse Rolls. After rolling out the dough, cut circles, and dip them in butter, as usual, then--this is the trick--cut straight across each circle, making two equal parts, but don't cut all the way through. Now, fold one half under the other so that the cut edge is on the outside. The cut or scoring